



KOREAN-STYLE CHICKEN AND RICE BOWLS

with Sesame Cucumber Salad



HELLO

KOREAN-STYLE GLAZE

Sweet, spicy, savory, and delectably sticky

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 660



Chicken Breast Strips



Lime



Scallions



Sesame Oil



Soy Sauce
(Contains: Soy)



Sesame Seeds



Cornstarch



Cucumber



White Wine Vinegar



Jasmine Rice



Sriracha



Korean Chili Flakes

START STRONG

Give the chicken strips a gentle shake after coating them in cornstarch to remove any excess. That way, they'll crisp up perfectly in the pan.

BUST OUT

- Paper towels
- Small bowl
- Peeler
- Kosher salt
- 2 Medium bowls
- Black pepper
- Small pot
- Large pan
- Sugar (5 tsp | 10 tsp)
- Vegetable oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Chicken Breast Strips* **10 oz** | **20 oz**
- Cornstarch **2 TBSP** | **4 TBSP**
- Lime **1** | **1**
- Cucumber **1** | **2**
- Scallions **2** | **4**
- White Wine Vinegar **5 tsp** | **10 tsp**
- Sesame Oil **2 TBSP** | **4 TBSP**
- Jasmine Rice **½ Cup** | **1 Cup**
- Soy Sauce **2 TBSP** | **4 TBSP**
- Sriracha **4 tsp** | **8 tsp**
- Sesame Seeds **1 TBSP** | **2 TBSP**
- Korean Chili Flakes **1 tsp** | **1 tsp**

* Chicken is fully cooked when internal temperature reaches 165 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 COAT CHICKEN

Wash and dry all produce. Place **chicken** in a medium bowl. Pat dry with paper towels and season all over with **pepper**. Sprinkle all over with **cornstarch**; toss to evenly coat.



4 COOK CHICKEN AND MAKE SAUCE

Heat a large drizzle of **oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add **chicken** and cook, stirring, until browned and cooked through, about 5 minutes. While chicken cooks, in a small bowl, combine **soy sauce**, **2 tsp sesame oil** (4 tsp for 4 servings), **4 tsp sugar** (8 tsp for 4 servings), and **sriracha**. **TIP:** Add the sriracha to taste—use all if you like it spicy or 3 tsp for mild heat.

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2 PREP AND MAKE SALAD

Quarter **lime**. Peel and halve **cucumber** lengthwise. Scoop out and discard seeds with a spoon. Slice cucumber crosswise into thin half-moons. Trim and thinly slice **scallions**, separating whites from greens. In a second medium bowl, combine **cucumber**, **scallion whites**, **vinegar**, half the **sesame oil**, **1 tsp sugar** (2 tsp for 4 servings), and a large pinch of **salt** and **pepper**.



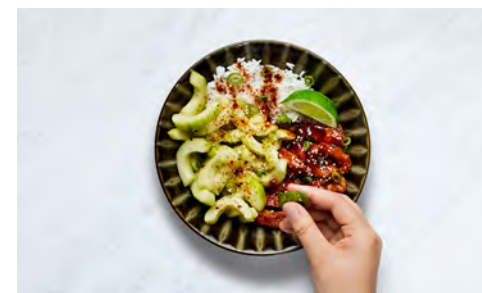
5 GLAZE CHICKEN AND FINISH RICE

Once **chicken** is done, turn off heat and remove from pan. Discard excess oil and let pan cool for about 30 seconds. Add **soy sauce mixture** to pan and let bubble using residual heat. (**TIP:** If sauce doesn't bubble, heat pan over medium-low heat until it does.) Return chicken to pan and toss to coat. Fluff **rice** with a fork and stir in remaining **sesame oil**, a squeeze of **lime juice**, and half the **scallion greens**. Season with **salt** and **pepper**.



3 COOK RICE

In a small pot, combine **rice**, **¾ cup water** (1½ cups for 4 servings), and a pinch of **salt**. Bring to a boil, then cover and reduce to a gentle simmer. Cook until tender, about 15 minutes. Keep covered off heat.



6 FINISH AND SERVE

Divide **rice**, **chicken**, and **cucumber salad** between bowls. Drizzle with any remaining **sauce**. Sprinkle with **sesame seeds**, **chili flakes** (to taste), and remaining **scallion greens**. Serve with remaining **lime wedges**.

ON FIRE!

Korean chili flakes can also be used to flavor stir-fries and sauces.